

## An Examination for Relationships

Instructions: Listen to the other person without giving any negative feedback, advice or problem solving. One person should answer all of the questions then switch.

### Examination Questions:

1. What was the best thing that happened to you this week?
2. What is the worst thing that happened to you this week?
3. How did I best meet your needs this week?
4. How did I least meet your needs this week? (Be careful, just listen!)
5. What could I have done differently in that situation that would have been more helpful for us?
6. What are you most worried about right now?
7. Is there any way I could help you with that concern?
8. What are you feeling right now?

Examination by Laura Kariofiles